

# How to use full moon night for spiritual practice and meditation

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**full moon night has special importance for meditators and spiritual aspirants.** its a charged night and much spiritual progress is possible on this night. on this night, the energy of moon is at its peak.

its a known fact that **moon has a great influence on our mind.** many people get excited or mad on this day. at the same time, many meditators attain to satori or samadhi, or have spiritual gains. many people have got enlightened during full moon night. gautam buddha was born on full moon, got enlightened on full moon night and he also choose to leave his body on full moon night. most people have got enlightened on full moon night than on any other day in the month.

full moon not only affects our mind but it also affect the oceans. it creates low and high tides in the ocean. our body contains 70% water. so full moon affects our body and mind both. since there is lot of energy on this night. so try to remain still and don't get excited during night time. more stillness is needed on this day.

**how to use full moon night for meditation and spiritual practice:**

1. full moon night is one of the most potent time for going deep in meditation. so if you meditate in this night then your meditation experience will be much deeper. eat light food on this day. so that not much energy is spend in digesting the food. moreover avoid watching television, cinema or reading any useless stuff. you should live meditatively in the day time, so that energy is prepared to go deep in meditation during the night time.

2. in zen, many people meditate on the moon. for that you can stay awake during the night. sit in a comfortable place and just look at the moon. you don't need to do anything else. just look at moon. no thinking. if you start **thinking**, then mind has come in between the reality. mind is thoughts/thinking and meditation is no-thought or no-mind.

it is easier said than done. but give it a try. just looking at the moon, not straining your eyes. thoughts are not needed. if any thought come then just let it come and go. or you can [witness the thought](#) and deepen your witnessing.

### **so what will happen with this moon night gazing?**

i know this is the first question the mind will ask. because mind is always interested in results or gains. the outcome is not important. because if you are interested in the outcome then it becomes a job/task. here, you just need to look at the moon without any expectation of spiritual gain. you are looking at moon without any purpose.

look at moon without thinking, for no purpose at all. just spontaneous looking. the way a small baby looks at things.

3. if you are into chanting mantras or any other spiritual practice. then do it on this night. its a charged night and make use of it. your mantra chanting will have more power than on other normal days.

meditation is all about transforming our energy and raising it to higher chakras. according to buddha any action done with awareness is meditation. meditation is a passive way to [witnessing your thoughts](#), [witnessing feelings](#) and actions. when you don't identify with your emotions and thoughts, then that energy which was previously getting spend in the emotions gets transformed and moves into upper chakras.

meditation is the science to transform your energies and full moon night is very conducive for spiritual growth. so make use of full moon night to go deep in your spiritual practice. a spiritual seeker should not ignore the full moon night time.

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